



## Pickled Shallots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

### Ingredients

- 2 tablespoons kosher salt
- 0.5 teaspoon pepper dried red crushed
- 0.8 cup red wine vinegar
- 1.5 cups shallots thinly sliced
- 0.3 cup sugar
- 0.8 cup water

### Equipment

- whisk

canning jar

## Directions

- Bring water, vinegar, sugar, kosher salt, and dried crushed red pepper to a boil, whisking until sugar and salt are dissolved.
- Pour over shallots in a sterilized canning jar. Cool to room temperature. Cover and chill 1 hour.

## Nutrition Facts



**PROTEIN 6.59%** **FAT 1.16%** **CARBS 92.25%**

## Properties

Glycemic Index:16.68, Glycemic Load:10.17, Inflammation Score:-3, Nutrition Score:3.2239130553992%

## Nutrients (% of daily need)

Calories: 91.51kcal (4.58%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 19.22g (6.99%), Sugar: 15.76g (17.51%), Cholesterol: 0mg (0%), Sodium: 2339.29mg (101.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin B6: 0.21mg (10.38%), Manganese: 0.2mg (9.79%), Fiber: 1.95g (7.8%), Potassium: 213.15mg (6.09%), Vitamin C: 4.88mg (5.92%), Folate: 20.16µg (5.04%), Iron: 0.9mg (4.99%), Phosphorus: 38.38mg (3.84%), Magnesium: 14.22mg (3.55%), Copper: 0.06mg (3.2%), Calcium: 26.67mg (2.67%), Vitamin B1: 0.04mg (2.39%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.17mg (1.73%), Selenium: 0.82µg (1.17%), Vitamin A: 51.78IU (1.04%)